

VAPOR BARRIERS

Some people sweat excessively in their hands and feet. One solution to handle this is to wear a vapor barrier. For hands, one can wear a pair of Nitrile medical exam gloves under the liner gloves. This also helps if you tend to have cold hands.

Your feet sweat more than anyplace on your body outside your armpits. That makes for wet socks which will make your feet feel cold.

Vapor barriers for the feet prevent this by forming a wall between your wet feet and your dry socks.

You can buy vapor barrier socks or simply use a bread bag over the liner sock. The bags are from Thomas's English Muffins double pack.

